



The A.B.P.A. announces Aruba will host 33rd IFBB Central American and Caribbean Amateur Bodybuilding & Fitness Championship this September

This past week the steering committee of the Aruba Bodybuilding and Powerlifting Association (A.B.P.A.) headed by president Giovanni Arends announced that Aruba is proud to host the Central American and Caribbean Amateur Body Building & Fitness Championships of the International Federation of Bodybuilders for the first time again in fourteen years. Not only will they be welcoming contenders from thirty-eight countries around the Western Hemisphere, but also will have workshops by world-renowned guest poser Luke Wood of Australia, and will welcome Mrs. Roselinda Perez of Venezuela, an official judge from the IFBB, to officiate.

This prestigious event will be open to men, women and now also youth body builders. There will be not only bodybuilding categories, but fitness competitions as well. The IFBB championships will take place at the end of September, beginning on the 27th and end on October 1st, but qualification and choice of the Aruban candidate will begin on August 25.th

During the August trials there will be a Judging Seminar and IFBB International Certification by President of the Judging Committee, Mrs. Rosalinda Perez on Friday, August 26th in the third floor lounge of the Renaissance Ocean Suites. On Saturday, August 27th the Annual Mr. Beginner & National Bodybuilding and Fitness Championships of Aruba will take place in the convention center beginning at 7:30 p.m.

The official weigh-in and registration to participate in the Mr. Aruba event will take place on Friday, August 26th from 8:00 to 10:00 in the Renaissance Convention Center.

Kicking off the Mr. Aruba competitions will be a Fitness and Nutrition Seminar by IFBB Pro, Luke Wood, in the Caribbean Room at Renaissance Marina Hotel on Thursday, August 25th beginning at 7:00 pm. Luke Wood is traveling all the way from Australia to lend his presence to the event and has impressive credentials. He first entered bodybuilding competition in 1994 at the age of sixteen and took first place in the Teenage division of the Australian championships. Since then he has won many titles including placing first in the 1996 Junior Mr. Australia, 1998 Heavy Weight Mr. Australasia, the 2000 Pro Card Division, and earned Australia's Number 1 Bodybuilder Award in 2001. He considers winning his pro card at the age of 23, making him the youngest person to receive this honor in Australia, as one of the highlights of his career.

There are various requirements for eligibility to compete for the Mr. Aruba title including no outstanding dues, valid work permit for new foreigners, and permanent resident for at least 5 years, correct posing attire, submission of music and the willingness to submit to drug testing. This last requirement is for both competitions.

Contenders that qualify in the August National Competitions can go on to the IFBB event at the end of September, to represent Aruba against thirty-eight other countries. It is recommended that interested parties view the A.B.P.A. website at www.arubabodybuilding.com for a full agenda and instructions for participation.